

**Abstract**

A diagonally twisted sole 3 is proposed which consists of an undersole 12 and of a midsole bottom 11, the latter being connected to the undersole 12, and various hard inserts 15 being able to be introduced into the undersole 12. Together with a twisted, flexible, rigid or elastic plate 16, the undersole 12 can form an midsole 12, 16 which can consist of several parts. The twisted plate 16 is a flat plate or a plate of different thicknesses.